

WALKING TRAILS

Over 20km of scenic walks and private beaches to explore



WALKING TRAIL DESCRIPTIONS

Coral Cove

Starting from the Scenic Trail Entrance via Saddle Junction, Coral Cove is a secluded, peaceful and relaxing beach where you can enjoy views south to Lindeman Island. This is where you will find the giant swing. **Grade 3** (Moderate) walk.

Escape Beach

From the Scenic Trail Entrance, continue through Saddle Junction to Escape Beach. Here you'll find clear waters lapping onto a sandy beach protected by huge rocky outcrops as well as a giant hammock. These spectacular features create a secluded and charming retreat. For the adventurous, this walk can also include South East Head and Passage Peak before returning back to Saddle Junction. **Grade 3** (Moderate) walk.

Flat Top Hill Lookout

Start from the Resort Trail entrance and continue to the Resort Lookout Junction. Walk along the Saddle Junction Trail for 100m where a left turn will take you onto the Flat Top Hill Trail. From there, it is only a short walk to the Flat Top Hill Lookout, where you can sit back and relax, taking in the magical views to the north and south. **Grade 3** (Moderate) walk.

Hideaway Bay

Like the name suggests, this hidden beach is just a short stroll away from the Scenic Trail entrance. Discover this secluded bay where you can enjoy the tranquil waters and views towards Whitsunday Island. **Grade 3** (Moderate) walk.

Middle Head Trail

Starting from Turkey Nest Junction, this trail takes you along a landscape rich in Australian native flora. Middle Head trail ends at the top of a hill with glimpses of the Whitsunday islands and waters to the south. **Grade 3** (Moderate) walk.

Walking Tips

Fitness: A reasonable to high level of fitness is required for all trails due to the hilly terrain and warm climate.

Water: Taking water is essential. 1-2 litres per person, per hour.

Hat/sunblock: Use regardless of weather conditions.

Shoes: Most trails are rocky. Sturdy, enclosed footwear with good tread is required.

Clothing: Wear comfortable and breathable clothing that protects you from the sun, including a hat.

Snacks: Health food bars and fruit are suggested.

Walking alone: Inform someone where you are going and when you will be back. There is no mobile coverage in some areas of the tracks.

Camera: Great idea!

Insect repellent: Use for your own protection.

Please note there are no toilets on the walking trails.

Irukandji Jellyfish: Irukandji – a small and transparent jellyfish - can be present in the waters of the Whitsunday Islands, predominantly during the summer months. They are more commonly found in deep water, however there have been an increased number of occurrences in shallow waters recently. Symptoms of an Irukandji sting include severe pain, muscle constriction and breathing difficulties which require immediate medical attention. For this reason, we recommend that you avoid swimming in secluded beaches. If you choose to swim in the ocean – instead of one of the many pools – we recommend you wear a stinger suit and swim in the presence of others so assistance can be given if needed. We would strongly advise that small children and guests who are pregnant, have a heart or pre-existing medical condition, only swim in our pools.

Gympie-Gympie Stinging Tree: Gympie-Gympie has broad oval or heart-shaped leaves with saw-tooth edges and white or purple-red fruit. They are covered in stinging hairs which appear furry. Brushing against the tree will cause the hairs to embed into the skin and cause an extremely painful stinging sensation. If stung, do not rub the area, and seek urgent medical attention. Please stay on marked trails to avoid contact with the plant.

Sharks: Hamilton Island is part of the Whitsundays marine ecology and sharks frequent the waters in the region. Whilst the risk of attack is very low, it does exist. We recommend that you don't swim at dawn, dusk or at night or in unclear water. Always swim with others. Leave the water quickly and calmly if you see a shark or if fish begin to gather in large schools, jump out of the water or behave erratically.

For more info contact the Tour Desk on 07 4946 8305 or ext 68305

Passage Peak

It is recommended the Passage Peak walk is commenced from the Scenic Trail Entrance. This is a spectacular but challenging walk. Once you have negotiated the final steep section of this trail you will be rewarded with breathtaking views of the Whitsundays from the highest point on Hamilton Island, Passage Peak. **Grade 3** (Challenging) walk with many steps.

Resort Lookout

This is an excellent introduction to our island walks, taking you through typical Whitsunday bushland starting at the Resort Trail Entrance. The Resort Lookout is the second highest point on Hamilton Island. It drops off to sheer cliffs and allows an excellent panoramic view of the resort, Marina Village, airport and surrounding islands. The Resort Trail Entrance is at the eastern end of the Conference Centre. **Grade 3** (Moderate) walk.

Saddle Junction

Starting from the Scenic Trail Entrance, follow the Scenic Trail to Saddle Junction, which is the main junction for the Passage Peak, South East Head, Escape Beach, Middle Head and Coral Cove Trails. **Grade 3** (Moderate) walk.

South East Head Trail

Dense bush gives way to exposed, rocky features and sharp cliffs on this trail. Abundant native grasstrees and stunning views of the Lindeman group of islands awaits you at the end of this walk. This is also where the giant chair is located. For the adventurous, include a walk via Passage Peak or Escape Beach before returning to Saddle Junction. **Grade 3** (Moderate) walk.

GUIDED WALKING TRAIL TOURS

Discover the island on a spectacular guided walk with our resident tour leader. These walks are seasonal, visit the Hamilton Island App for more information.

WALKING TRAIL MAP

How to find the Resort Lookout Trail entrance:

From level 3 of the Reef View Hotel, follow the signs leading you across a walkway toward the Conference Centre or follow the marked path on the map to enter via the road.



How to find the Scenic Trail entrance:

Walk to the eastern end of Resort Drive and turn right up the hill at the Coral Bay Place junction.

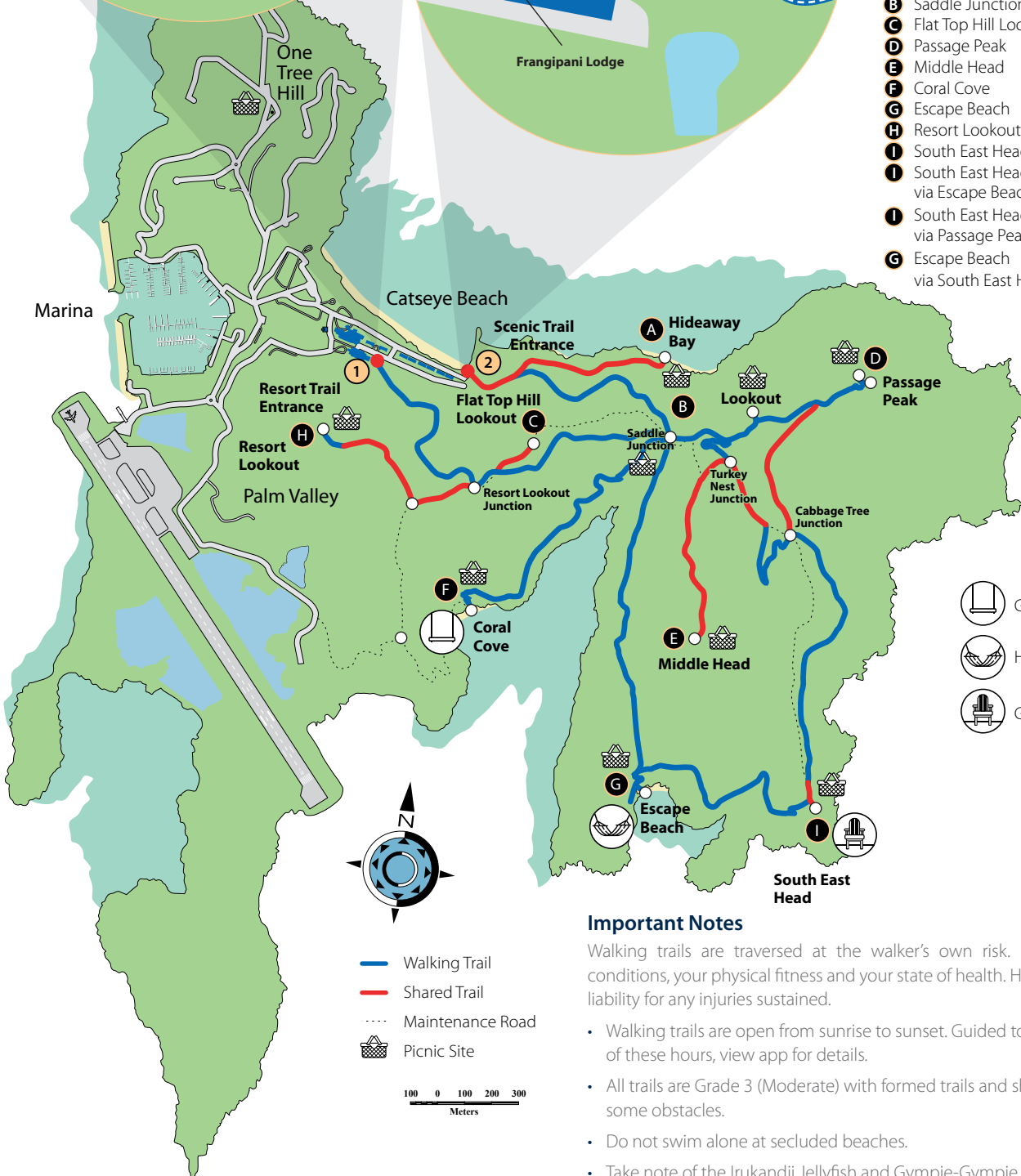


1 Resort Lookout Trail entrance to: (distances and times are one way)

C	Flat Top Hill Lookout	1150m	30min
H	Resort Lookout	1700m	45min
B	Saddle Junction	1750m	45min
D	Passage Peak	2650m	1hr 15min
E	Middle Head	3050m	1hr 15min
F	Coral Cove	3100m	1hr 15min
G	Escape Beach	3350m	1hr 30min
I	South East Head	4350m	1hr 45min
I	South East Head via Escape Beach	4500m	2hrs
I	South East Head via Passage Peak	4800m	2hrs
G	Escape Beach via South East Head	5500m	2hrs 15min

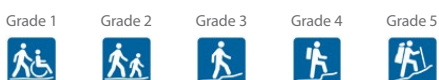
2 Scenic Trail entrance to: (distances and times are one way)

A	Hideaway Bay	950m	30min
B	Saddle Junction	1000m	30min
C	Flat Top Hill Lookout	1950m	45min
D	Passage Peak	1900m	1hr
E	Middle Head	2300m	1hr
F	Coral Cove	2350m	1hr
G	Escape Beach	2550m	1hr
H	Resort Lookout	2700m	1hr 15min
I	South East Head	3600m	1hr 30min
I	South East Head via Escape Beach	3750m	1hr 30min
I	South East Head via Passage Peak	4050m	1hr 45min
G	Escape Beach via South East Head	4750m	2hrs



- Walking Trail
- Shared Trail
- ⋯ Maintenance Road
- Picnic Site

100 0 100 200 300
Meters



Important Notes

Walking trails are traversed at the walker's own risk. Please consider weather conditions, your physical fitness and your state of health. Hamilton Island accepts no liability for any injuries sustained.

- Walking trails are open from sunrise to sunset. Guided tours may operate outside of these hours, view app for details.
- All trails are Grade 3 (Moderate) with formed trails and short steep sections and some obstacles.
- Do not swim alone at secluded beaches.
- Take note of the Irukandji Jellyfish and Gypie-Gypie Stinging Tree warnings on the reverse of this handout.
- Lighting fires is prohibited on Hamilton Island, surrounding islands and all intertidal areas including beaches.
- Rubbish bins are limited. Please take all your rubbish with you.
- Please take note of other important walking tips on the reverse of this handout.